

Chicken Quesadilla

Main Dish	HACCP Process #2 - Same day Service				Healthier Kansas Recipe #29
Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Whole grain flour tortilla, 8", 1.5 oz eq grains Green bell pepper, AP Onion, fresh, AP Corn, frozen, whole kernel Chicken, cooked, diced Tomato, fresh, AP Mexican Seasoning Mix (HKM Recipe #79) Cheese, Monterey Jack, reduced fat, shredded Cheese, cheddar, shredded				100 each 2 lb 1 lb 4 oz 5 lb 9 lb 2 lb 4 oz 7 Tbsp 1 lb 12 oz 1 lb 12 oz	1. Line sheet pans (18"x26"x1") with parchment paper or pan liners (5 sheet pans per 100 servings). 2. Lay tortillas on lined sheet pans and set aside for step 8. 3. Chop peppers, onion and tomatoes. 4. Combine chicken, peppers, onions and corn in tilt skillet or steam kettle and heat. CCP: Heat to 165°F or higher for at least 15 seconds. 5. Add tomatoes to chicken mixture. Drain excess liquid. 6. Add mexican seasoning to mixture.

					<p>7. Combine shredded cheeses.</p> <p>8. Spoon 3/8 cup vegetable/chicken mixture on half of each tortilla.</p> <p>9. Sprinkle 2 Tbsp cheese on top of vegetable mixture on each tortilla.</p> <p>10. Fold tortillas in half and shingle quesadillas on lined sheet pans.</p> <p>11. Spray tortillas with pan release spray to aid browning.</p> <p>12. Bake until tops are golden brown: Conventional oven: 400°F for 10 minutes. Convection oven: 375°F for 7 minutes.</p> <p>13. Allow quesadillas to stand for 5 minutes. CCP: Hold hot for service at 135°F or higher</p>
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Serving Sizes	Contribution
1 quesadilla	1 Serving Provides 2 oz. M/MA + 1.5 oz. eq. Grain + 1/4 cup additional veg